

## Start the Year with a Smart Lunch

A "Smart Lunch" is one that takes into consideration the taste preferences of kids but also packs all the nutrition a child needs to learn and grow. Although it seems simple, proper meal planning can be tough. Building a healthy lunch means filling up on fruits and vegetables, as well as lean proteins and wholesome grains. This balanced approach to eating is consistent with the National School Lunch meal planning guidelines where children are encouraged to select foods from all food groups, at least 50% or more of the grains are whole grain rich and students are required to take at least ½ cup of fruits or vegetables. Planning meals this way helps ensure students are:

1. Getting the right mix of nutrients to promote good health and focus in the classroom.
2. Eating enough fiber every day.
3. Reducing their intake of added fats, sugars and sodium.
4. Filling up their bellies and feeling satisfied after a meal without over-doing it with too many unnecessary calories.

Take a moment to review the school lunch menu with your children and talk about what food choices would be best for their lunch. If you have questions about the meal program, please contact your school foodservice manager. We look forward to helping ensure your child is satisfied, nourished and ready to achieve!



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

## BREAKFAST

### BEFORE SCHOOL

Benefit Bar  
Cinnamon Bun  
Muffin & Yogurt  
Bagel w/Cream Cheese  
Yogurt Parfait  
Cereal w/choice of Sunflower Seeds, String Cheese, Graham Cracker

Milk, Juice, Fruit Offered Daily

**MONDAY:** PANCAKES

**TUESDAY:** BREAKFAST PIZZA

**WEDNESDAY:** FRENCH TOAST AND SAUSAGE

**THURSDAY:** BREAKFAST SANDWICH

**FRIDAY:** WAFFLES

YOU MUST TAKE A FRUIT OR JUICE

## Fresh Pick Recipe

### WATERMELON SALSA

- 2 c Watermelon (medium dice)
- 1 c Cucumber (medium dice)
- ¾ c Pineapple (medium dice)
- ¼ c Onion (small dice)
- 1 Jalapeno pepper (minced)
- 2 T Lime Juice
- 1 T Orange juice
- 1 T Honey
- Salt and pepper to taste

1. Prepare all ingredients as directed.
2. In medium bowl mix all ingredients together.
3. This dish can be served with baked corn chips or grilled meats.



## AUGUST AND SEPTEMBER NATIONAL CELEBRATION DAYS

AUGUST--National Month for Parks, Catfish, Golf, and Inventors

SEPTEMBER--National Chicken Month, Read-A Book, American Breakfast Month, and School Success Month

Nutrition Information is available upon request.

**sodexo**